

In the kitchen with

TIM GODDARD, EXECUTIVE CHEF AT BENMILLER INN



Tim Goddard, Executive Chef at Benmiller Inn, has roots that run deep in the area. Raised here, he was a body builder in his younger days and, while working at Robindales in Goderich, he was inspired to build a career as a Chef instead. He attended culinary school in Kitchener, is classically French trained, and has over 35 years in the industry, working in Calgary, Goderich and Seaforth, most recently returning to Benmiller Inn, which has four-diamond status.

Tim is motivated by food, fitness and nutrition, and he loves the variety of local food Huron County has to offer. He is passionate about the science of food and great food pairings.

Five minutes with the Chef

Huron-Perth Boomers (HPB):

What would your last meal be?

Tim Goddard (TG): Beef Tenderloin from Metzgers with potatoes sarladaise (poached in duck fat). For dessert – Benmiller’s spiced pumpkin brulé with ginger-dusted churros.

HPB: What three ingredients can you not live without?

TG: That’s a hard question, as they all have their place. Herbs, olive oil and salt and pepper complement any dish.

HPB: What is your favourite thing to cook?

TG: Flourless chocolate cake and our sorbet. Almost anyone can eat it, regardless of dietary restrictions.

HPB: What is your favourite kitchen tool?

TG: Sharpening steel. A sharp knife is essential for cooking.

HPB: Where to do you find inspiration?

TG: I find my inspiration from other chefs. I love reading about chefs, especially in New York. Alfred Portale from Gotham Bar and Grill inspires me with his menu design philosophy – it’s out there but it makes sense. Also, British chefs are inspiring with their advance in ‘future food’ and the concept that people should come and have an experience, not just dinner.

Chef Goddard chose to share this recipe because it is challenging but still doable at home, and the results can be amazing when hosting company. Braised dishes are true winter comfort food – they’re hearty and fill you up!

To Drink?

A Pinot Noir or a younger, fruit-driven Bordeaux



BRAISED LAMB SHANKS, ROASTED ROOT VEGETABLES AND ROSEMARY JUS – A CLASSIC WINTER DISH FOR TWO

INGREDIENTS

- 2 Lamb Shanks (New Zealand or Ontario)
- 1-2 medium-sized sweet onions (Vidalia), roughly chopped
- 1 medium-sized carrot, roughly chopped
- 1-2 pieces of celery, roughly chopped
- 5 garlic cloves cut length-wise
- 3 tbsp tomato paste
- 375 ml of red wine (Pinot Noir)
- 1 bunch of rosemary
- 1 bunch of thyme
- 1 piece of parchment paper for covering the stock
- Salt and pepper to taste

ROSEMARY JUS INGREDIENTS

- 6 lean slices of bacon
- 1-2 medium-sized shallots
- Wild mushrooms (local market) your preference
- Average for this stock is 60 grams

Method: Preheat oven to 250 C.

Directions: Season lamb generously with kosher salt, and pepper on all sides. In a heavy sauce pan or a Rondeau, heat olive oil on medium to smoke point. Add lamb shanks and brown on all sides. Remove lamb shanks and allow to rest. In the same saucepan or Rondeau, add a mirepoix of coarsely chopped onion, celery and carrot. Slowly sweat them over medium heat, stirring often until translucent. Add garlic and tomato paste. Continue to cook until fragrant, and slightly caramelize.

Deglaze pan with a Bordeaux or Shiraz red wine. Return the browned lamb to same sauce pan. Add enough water to cover the lamb shanks. Cover the liquid with parchment paper.

Place your saucepan in your 250 C preheated oven and braise for about 4 ½ hours. Remove the saucepan and add the thyme and rosemary, return to oven for one hour. When finished, set aside the lamb shanks, strain the liquid and reserve.

Rosemary Jus Directions: Return empty saucepan back to the stovetop and render six slices (chopped) bacon. Once cooked, strain the fat. Add shallots and wild mushrooms and sauté until tender. When finished, add the lamb shanks back to the saucepan and the reserved liquid. Reduce over medium heat until desired consistency is achieved (the longer you reduce, the more concentrated it will become).

Roasted root vegetables

INGREDIENTS

- 1 small acorn squash
- 1 small butternut squash
- 1 or 2 parsnips
- 1 or 2 carrots

Directions: Place all prepared root vegetables in a bowl, add enough olive oil to coat the vegetables. Add salt and pepper to taste. Place in shallow baking pan and cover with tinfoil and bake for one hour at 350 C (check periodically for desired doneness).